

# TOP TIPS FOR HEALTHIER CHOICES

## - GAME DAY TRAVEL

This fact sheet will help to make healthier food and drink choices easier on a day trip for sporting events - it can be used when travelling with a whole team or an individual athlete.



These tips will help to reduce stress and support performance on game day by planning and preparing healthier choices ahead of time. You can tick off each step once complete to ensure you're on track to success.



**Plan and prepare meals and snacks ahead of time**



**Plan ahead to understand what and where healthier options will be available**

**Discuss healthier choices with your team(s) or athlete(s) before game day**



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## - GAME DAY TRAVEL

Day trips are known to be notoriously long and busy which is why planning before the day and meal prepping is important. By planning food provision beforehand, it makes it easier to fuel your athlete(s) or team(s) with healthier food and drink choices to support performance and enjoy the day.

Planning tips:	Have you considered ...	Why is this beneficial?
<p>Plan and prepare meals and snacks ahead of time</p>	<ul style="list-style-type: none"> <li>•Planning nutritious meals and snacks before game day, making sure to include fruit and vegetables.</li> <li>•Preparing a nutritious breakfast before you leave or one that you can eat on the way to your destination.</li> <li>•Cooking extra the night before so dinner is already prepared for when you return.</li> <li>•Packing snacks for game day.</li> </ul> <p><b>Top Tips:</b> Consider including a fruit and veg snack box for the day and packing plenty of water.</p> <p>Check out our <a href="#">Grab'n'Go</a> resource for more ideas.</p>	<p>This will ensure that healthier options are easily accessible for the family or team on busy game days.</p> <p>This will help to avoid purchasing convenient, yet unhealthier options throughout the day.</p>
<p>Plan ahead to understand what and where healthier options are available</p>	<ul style="list-style-type: none"> <li>•Exploring where healthier options are available, on the road, at nearby food outlets or the event's canteen.</li> <li>•Is there an accessible water tap or water refill station at the event or do you need to bring a water drum.</li> </ul> <p><b>Top Tips:</b> Meals and snacks containing whole foods such as fruits and vegetables are a great option.</p>	<p>If you are pressed for time, you are aware of healthier options nearby to grab on the go.</p>
<p>Discuss healthier options with your athlete(s) or team(s) before game day</p>	<p>Discussing:</p> <ul style="list-style-type: none"> <li>•What the day's snacks and meals will look like.</li> <li>•Where food and drink will be purchased.</li> <li>•The importance of fruit, vegetables and plenty of water to fuel their bodies while exercising.</li> </ul>	<p>By leading this discussion you are setting the expectation that healthier food and drink options should be standard when travelling, and building this culture in your club and code.</p>

